




Washington Seniors Wellness Center Virtual Calendar for February 2021


On Zoom: 1 301-715-8592 or 1 646-558-8656 Meeting ID: 928 7552 9202 Password: 083339

February is Black History Month and American Heart Health Month

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Strength and Toning: with Lillian 9:30am – 10:30am On Zoom</p> <p>Chair Yoga/Meditation with Lillian 10:30am – 11:30am On Zoom</p> <p>Chatting with Katherine (BEEDL) (WSWC member) 11:30 am – 12:30pm On Zoom</p>	<p>Nutrition / Health/ Community Class Sessions Medstar Washington Hospital Center with Dr. Zemedkun & Medstar Staff Cardiologist Topic: “How Do You Maintain A Healthy Heart 10:00am – 11:00am On Zoom</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm On Zoom</p>	<p>Hoop Fitness 9:00am – 9:30am with Lillian On Zoom</p> <p>Strength and Toning with Lillian 9:30am – 10:30 On Zoom</p> <p>Yoga with Jakuta 10:30am – 11:30am On Zoom</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Sibley Club Memory 1:00 pm – 2:00 pm ID: 975-5829-0633 Or call 301-715-8592 ID: 975-5829-0633</p> <p>Art Class With Candice Napper 3:00pm – 4:00pm</p>	<p>Zumba Gold with Michelle 9:00am – 10:00am On Zoom</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Health Dialogue with DeLois Botts 1:45 pm – 2:20 pm On Zoom</p>	<p>American Heart Association National Wear RED Day</p> <p>Line Dance with Richard Jackson 1:00pm – 2:00pm On Zoom</p> <p>Yoga with Jakuta 3:00pm – 4:00pm On Zoom</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">8</p> <p>Strength and Toning: with Lillian 9:30am – 10:30am On Zoom</p> <p>Chair Yoga/Meditation with Lillian 10:30am – 11:30am On Zoom</p> <p>Chatting with Katherine (BEEDL) (WSWC member) 11:30 am – 12:30pm On Zoom</p>	<p style="text-align: right;">9</p> <p>Nutrition / Health/ Community Class Sessions Legal Counsel for the Elderly Darnetta Bascomb/ Volunteer Specialist Senior Medicare Patrol Topic: “Covid Vaccine Fraud” 10:00am – 11:00am On Zoom</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm On Zoom</p>	<p style="text-align: right;">10</p> <p>Hoop Fitness 9:00am – 9:30am with Lillian On Zoom</p> <p>Strength and Toning with Lillian 9:30am – 10:30 On Zoom</p> <p>Yoga with Jakuta 10:30am – 11:30am On Zoom</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Sibley Club Memory 1:00 pm – 2:00 pm ID: 975-5829-0633 Or call 301-715-8592 ID: 975-5829-0633</p>	<p style="text-align: right;">11</p> <p>Zumba Gold with Michelle 9:00am – 10:00am On Zoom</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Health Dialogue with DeLois Botts 1:45 pm – 2:20 pm On Zoom</p> <p>INTERGENERATIONAL ACTIVITY Candice Napper EYL 365 Project Celebrating Black History Black History Bingo</p> <p>Group:1: 3:30pm - 4:30pm</p> <p>Group:2: 4:00pm - 5:00pm</p>	<p style="text-align: right;">12</p> <p>Line Dance with Richard Jackson 1:00pm – 2:00pm On Zoom</p> <p>Yoga with Jakuta 3:00pm – 4:00pm On Zoom</p> <p>Movie Night “Sylvie’s Love” Starring: Tessa Thompson and Nnamdi Asomugha</p>  <p>4:30pm On Zoom</p>
<p style="text-align: right;">15</p> <p>WSWC Closed</p> <p>Presidents Day</p>	<p style="text-align: right;">16</p> <p>Nutrition / Health/ Community Class Sessions Giant Food Jillian Griffith MSPH, RDN, LND, Nutritionist</p>	<p style="text-align: right;">17</p> <p>Hoop Fitness With Lillian 9:00am – 9:30am On Zoom</p>	<p style="text-align: right;">18</p> <p>Zumba Gold with Michelle 9:00am – 10:00am On Zoom</p>	<p style="text-align: right;">19</p> <p>Program Director’s Meeting 12:00 pm–1:00 pm On Zoom</p>

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Topic: "Heart Healthy Diet" (Mediterranean & Dash Diet) AND University of District of Columbia /SNAP EDUCATION Chef Herb Intergenerational Cook along with WSWC Seniors Topic: "Fresh Hummus" *** <u>Please see attached Recipe</u> Purchase If Participating in the Cook Along Activity 10:00am-11:00am On Zoom</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm On Zoom</p>	<p>Strength and Toning: with Lillian 9:30am- 10:30am On Zoom</p> <p>Yoga with Jakuta 10:30am – 11:30am On Zoom</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Sibley Club Memory 1:00 pm – 2:00 pm ID: 975-5829-0633 Or call 301-715-8592 ID: 975-5829-0633</p>	<p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Health Dialogue with DeLois Botts 1:45pm – 2:20pm On Zoom</p>	<p>Line Dance with Richard Jackson 1:00pm – 2:00pm On Zoom</p> <p>Yoga with Jakuta 3:00pm – 4:00pm On Zoom</p>
<p>22</p> <p>Strength and Toning: with Lillian 9:30am – 10:30am On Zoom</p> <p>Chair Yoga/Meditation with Lillian 10:30am – 11:30am On Zoom</p> <p>Chatting with Katherine (BEEDL)</p>	<p>23</p> <p>Nutrition / Health/ Community Class Sessions Conversation With DACL & Partners On QMB & Other Related Services DACL - Call Center Capital Caring- Donna Gates Fire/EMS Fire Safety (PowerPoint Presentation)- Patricia Everett. Samone Hoston</p>	<p>24</p> <p>Hoop Fitness With Lillian 9:00am – 9:30am On Zoom</p> <p>Strength and Toning: with Lillian 9:30am- 10:30am On Zoom</p> <p>Yoga with Jakuta 10:30am – 11:30am On Zoom</p>	<p>25</p> <p>Zumba Gold with Michelle 9:00am – 10:00am On Zoom</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Members Assembly Executive Board Mtg</p>	<p>26</p> <p>WSWC Members Book Club 11:30am to 1:00pm On Zoom</p> <p>Line Dance with Richard Jackson 1:00pm – 2:00pm On Zoom</p> <p>Yoga with Jakuta 3:00pm – 4:00pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(WSWC member) 11:30 am – 12:30pm On Zoom</p>	<p>DAACL Alice Thompson (Call & Talk, QMB, Other Related Resources) 10:00 am – 11:00 am On Zoom</p> <p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Spanish Class with Gwen McLaughlin 1:30pm – 2:30pm On Zoom</p>	<p>Active Living Everyday Host: Romunda Ings 11:30am – 12:30pm On Zoom</p> <p>Sibley Club Memory 1:00 pm – 2:00 pm ID: 975-5829-0633 Or call 301-715-8592 ID: 975-5829-0633</p>	<p>11:30am – 12:20PM On Zoom</p> <p>Health Dialogue with DeLois Botts 1:45pm – 2:20pm On Zoom</p> <p>Shymee Davis: INTERGENERATIONAL ACTIVITY Heart Health Cooking Demonstration University District of Columbia / SNAP ED Salmon Salad & Plant Base Burger 3:00pm – 4:00pm</p>	<p>On Zoom</p> <p>Movie Night “TENET” Starring: John David Wash</p>  <p>4:30pm On Zoom</p>

Intergenerational Cook Along with the Washington Seniors Wellness Center : Cost to purchase ingredients at the lowest price = \$7.57

Hummus Recipe

Prep Time: 10 minutes

Total Time: 10 minutes

Ingredients:

1 16 oz can of chickpeas or garbanzo beans

1/4 cup liquid from can of chickpeas

3-5 tablespoons lemon juice (depending on taste)

1 1/2 tablespoons tahini

2 cloves garlic, crushed

1/2 teaspoon salt

2 tablespoons olive oil

Preparation:

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add 1/4 cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth.

Place in serving bowl and create a shallow well in the center of the hummus.

Add a small amount (1-2 tablespoons) of olive oil in the well. Garnish with parsley (optional).

Serve immediately with fresh, warm or toasted pita bread, or cover and refrigerate.